

# Hawaiian Ham Coconut Rice - USDA Recipe D540

Meal Components: Fruits, Grains, Meat / Meat Alternate

D-65

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		1 qt 3 cups		3 qt 2 cups	1. Boil water.
Brown rice, long-grain, regular, dry	1 lb 10 oz	1 qt	3 lb 4 oz	2 qt	2. Place 1 qt brown rice (1 lb 10 oz) and 1 cup coconut (3 oz) in each steam table pan (12" x 20" x 2 1/2").  3. Pour boiling water (1 qt 3 cups per steam table pan) over brown rice. Stir. Cover pans tightly.  4. Bake:
Sweetened coconut, shredded	3 oz	1 cup	6 oz	2 cups	5. Remove cooked rice mixture from oven and let stand covered for 5 minutes. Stir rice.  6. Assembly: 7. First layer:
Low-sodium ham, diced 1/4"	3 lb	2 qt 1 cup	6 lb	1 gal 2 cups	8. Second layer:
Sugar	4 oz	1/2 cup	8 oz	1 cup	9. Third layer:

Canned pineapple tidbits in 100% juice, drained	4 lb	2 qt (1 No. 10 can)	8 lb	1 gal (2 No. 10 cans)
Sweetened coconut, shredded	1 1/2 oz	1/2 cup	3 oz	1 cup
Reduced-fat Cheddar cheese, shredded	11 oz	1 qt	1 lb 6 oz	2 qt
Pineapple juice		3 cups		1 qt 2 cups
Whole-grain bread crumbs, plain (See Notes)	6 1/2 oz	1 1/2 cups	13 oz	3 cups

**10.** Fourth layer:

**11.** Fifth layer:

**12.** Bake until cheese is melted and bread crumbs are lightly toasted:

**13.** Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

**14.** Critical Control Point: Hold for hot service at 140 °F or higher.

**15.** Portion with 8 fl oz spoodle (1 cup).

Notes
Cooking Process #2: Same Day Service

### **Serving**

NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, ¼ cup fruit, and 1 ¼ oz equivalent grains.

CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz meat/meat alternate, ¼ cup fruit/vegetable, and 1 ¼ oz grains/bread.

### **Whole-Grain Bread Crumbs Recipe**

#### **For 25 servings:**

4 slices of whole-grain bread

#### **For 50 servings:**

8 slices of whole-grain bread

Lightly toast whole-grain bread slices. Tear into small pieces. Insert into a food processor and pulse until coarse crumbs form. Place on a small baking sheet and bake in oven at 350 °F for 2-3 minutes until browned and dry. Toss occasionally. Cool and store in an airtight container.

Serving	Yield	Volume
See Notes	<b>25 Servings:</b> about 15 lb	<b>25 Servings:</b> about 1 gallon 3 quarts 3 cups / 1 steam table pan (12" x 20" x 2 1/2")
	<b>50 Servings:</b> about 29 lb 8 oz	<b>50 Servings:</b> about 3 gallons 3 quarts 2 cups / 2 steam table pans (12" x 20" x 2 1/2")

Nutrients Per Serving					
Calories	278	Saturated Fat	4 g	Iron	1 mg
Protein	18 g	Cholesterol	34 mg	Calcium	73 mg
Carbohydrate	35 g	Vitamin A	122 IU	Sodium	665 mg
Total Fat	8 g	Vitamin C	14 mg	Dietary Fiber	3 g